

Workshops

Friday, April 24th

WORKSHOP 10:00 – 11:45

*EMOTIONAL INTELLIGENCE DEVELOPMENT:
Gateway to Utilize Your Hypnosis Skillset
C. Elman*

Join me, through lecture, discussion and activities to discover what emotional intelligence is and why it's recognized as one of the hottest performance tools for thousands of success-minded people like you.

Explore how you can easily use Emotional Intelligence to break into any business and immediately impact the bottom line, such as working with Hospital doctors and staff, working with HR departments of Corporations and more. It is a powerful model to use as a springboard for change work whether in larger arenas or for clients.

Emotional Intelligence is the foundation and gateway to utilize your hypnosis skillset and a solid business strategy to open doors to exponentially expand your hypnosis business.

*THE RELATIONSHIP CODE – HEAL YOUR WOUNDED HEART
D. Papadakis*

The *Relationship Code* is a systematic combination of conflict resolution techniques using the secrets of ancient healing, and visualization, with Decording™. Debbie Papadakis has further enhanced this system with the power of hypnosis, making it a highly dynamic tool for Consulting Hypnotists. Learn how to facilitate this very simple, yet powerful system to assist clients to heal their wounded heart. Yes, you too can learn to help your client's transform any relationship!! Debbie will guide you through a step-by-step demonstration using the techniques required to restore and renew your clients' relationships, and heal their wounded heart by removing the blockages that hinder them.

Attendees will learn techniques to get to the root cause of their client's relationship issues and assist them in clearing the emotions/beliefs, and childhood issues that hinder their relationships.

Participants will have the opportunity to:

- Identify problematic areas and learn how to transform their clients' relationships and heal the wounded heart
- Demonstrate how to energetically free their clients from past destructive relationships (if any)
- Learn how to clear cellular memory and break multi-generational patterns that are stored at the cellular level
- Define and explain the seven Chakras (energy centers) and learn how to use them to uncover blockages in order to restore balance and healing
- Apply specific techniques to transform negative emotions into positive ones using the Relationship Code system
- Outline the steps required to overcome emotional blocks and obstacles created by painful experiences/relationships
- Outline the steps to forgiveness
- Identify how to create the relationships their clients desire by using the power of the mind
- Partake in a powerful demonstration / group exercise to experience forgiveness and personal transformation

BODY LANGUAGE: HOW TO READ YOUR CLIENT

P. Frese

Did you ever desire to read your client's mind? If you wish to have way more efficient, sustainable and rewarding hypnosis sessions, this workshop is for you.

Experience to decipher the underlying truth of what your vis-À-vis is telling you with his/ her words.

Learn and practice to read the non-verbal cues.

Make your business and private life easier by using this knowledge.

Increase your professionalism and your impact by learning the body language code.

- Know the 3 channels of communication
- Value their significance
- Name 4 types of communicators
- Recognize and analyze at least 4 different handshakes
- Recognize and analyze at least 2 different positions of feet/ legs
- Identify 3 indicators for non-authentic behavior

This program lifts the hypnotist's self-awareness to a higher level and makes rapport building much easier to improve results and also helps to make life much easier and more peaceful.

WORKSHOP 12:00 – 2:45

HOW TO REVERSE A CANCER

D. & J. Chong

(Special pricing applies)

Science allows a person to have any theory he has thought out and its conclusion. However science requires that there must be a test whose results verify and confirm the conclusion. It then requires a 2nd center somewhere else in the world to do the same test and this test must yield the results that verify and confirm the conclusion of the theory.

The 1st centre with the test results is in Oakville, Ontario. The 2nd is in Brisbane Australia under Alan Patching. By coincidence our 1st cancer inversion was a pancreatic cancer in 1999; Alan's was also a pancreatic cancer. In 2012, Alan was to send us a 24 page document verifying his two cancer inversion. By what he sent us, we now have the scientific basis and witness to write the book *How to Reverse a Cancer*. We have had to wait 13 years to do so. This has been a horrendous test of patience with grace and humility.

Participants will learn the algorithm of how to reverse a cancer and how to apply it immediately in their practice and they have our word that we will help them if they are in any difficulties.

WORKSHOP 1:00 – 2:45

RECODING AND REPATTERNING

R. Green

Learn how to find how people communicate with themselves and use this for change. The basis for this was explained to me by a former MOSSAD agent in a study of Scientific Content Analysis.

Originally developed as a truth detection device for Unconscious communication, I found its true value is the direct access to the Unconscious Mind for change work. Many clients cannot express in words their anxiety, fears, etc. They love this communication device. Imagine how much time you will save in session. They say a picture is worth a thousand words - this is worth volumes! You will leave with new knowledge and a detailed e-guide book to give you the step by step procedures.

EMBEDDED SUGGESTIONS

R. Williams

Embedded suggestions have been used by advertisers for decades - because they work! They work by influencing the unconscious mind as they bypass the critical faculty. Perhaps the most well-known user of embedded suggestions was Milton Erickson who created an entire repertoire of language patterns that included them. Rusty Williams, a certified hypnosis instructor and former police detective, will explain how we are regularly influenced by embedded suggestions and, more importantly, how hypnotists can effectively use them to increase the success of their sessions.

Milton Erickson had great success with embedded suggestions; the 'Milton Model' is filled with examples of embedded suggestion (referred as embedded commands in that model). By learning how to use subtle shifts in our voice, hypnotists can experience the same kind of success with just a little practice. People are surprised to learn how frequently embedded suggestions are used in advertising, sales, and even the legal system. When used ethically, embedded suggestions have the potential to turn techniques into powerful suggestion-machines that can significantly impact the lives of our clients.

Participants will learn how to incorporate embedded suggestions in both conversational and trance hypnosis, as well as the importance of using positive language to avoid unwanted embedded suggestions with their clients. Through this conversational-style presentation, Rusty will also share how embedded suggestions saved his life while working as an undercover narcotics officer, and how that experience can be translated into the hypnotist's office with clients who are there to feel better. Participants will receive a sample script filled with embedded suggestions.

WORKSHOP 3:00 – 4:45

HYPNOSIS AND COACHING

A Dynamic Combination for Success

Z. Grant

Using the tools and techniques of coaching with the power and punch of hypnosis you can create a powerful life coaching practice. This will open a new market of clients that are seeking coaches. In this workshop you will learn the secrets of being a great life coach, how to position yourself as an expert in your community, marketing secrets that get you great clients and how to use hypnosis techniques to help clients achieve their goals.

This workshop will increase your own as well as your clients' effectiveness and satisfaction in session with long-term residual benefit.

SHIFTING THE INNER CRITIC

J. Catlin

Some clients present with anxious feelings, perfectionism, and lack of worthiness. What often underlies these emotions and behaviors is the inner critic and in your client's attempt to avoid discomfort; this aspect of themselves is actually reinforced. Learn how to identify a strong underlying inner critic when a client comes in for other goals and work with it in new ways. Learn efficient ways to shift your client's relationship with this survival mechanism from the past so that they may live an optimal life with an increased sense of peace, safety and worthiness.

Learn to help clients with strong inner critics shift this aspect of themselves so they can achieve their goals without being in their own way. This workshop will be both informational and experiential. I enjoy and encourage optional participant interaction with questions and engaging in inner work while also learning how to apply this in session with clients. I believe we learn even more when we experience the process ourselves and can directly relate this to our work with others.

*REDUCE STRESS AND PROMOTE HEALING
USING GUIDED IMAGERY AND RELAXATION TECHNIQUES
N. Auerbach*

Research has shown that people who experience stress and tension tend to isolate themselves from positive relationships, which in turn exacerbate their stress levels and blood pressure, cortisol secretion, bodily inflammation, and pain. The tools used in this workshop will provide you with invaluable healing modalities to facilitate healing your patients.

The application of powerful guided imagery and progressive relaxation will take you on a therapeutic journey back to the root cause of your current stress issues. You'll learn how to use these techniques to add clarity and create inner change to promote healing that can be used with your clients.

Learn how to release current stress and tension by unveiling past issues and transforming them into sources of healing.

Saturday, April 25th

WORKSHOP 10:00 – 11:45

*BUILDING BLOCKS TO EFFECTIVE METAPHORS AND SCRIPTS
L. Bennett*

The natural language of the subconscious/ unconscious mind is symbols, images and metaphors. Through hypnosis we have the opportunity to communicate with the subconscious/unconscious.

This workshop is about creating effective subconscious/ unconscious hypnotic communication. While direct suggestions can be very effective there are many examples where the indirect, metaphorical suggestions can have a greater and lasting impact.

Learn to build effective metaphors to facilitate client success. A metaphor is a unique way of saying something in an effort to communicate an idea or message. When we communicate with clients the client will then take what they hear and interpret in terms of their own personal experience. Typically they will create an image in their mind that helps them to interpret what has been said and then apply it to their current situation. During this workshop we will participate in exercises to building your metaphorical skills and help you to create effective subconscious/ unconscious hypnotic communication.

You will learn to:

- Expand your metaphorical library
- Learn to hear the metaphorical messages your clients are sending
- Learn to create effective spontaneous metaphors and scripts
- Connect symbols and images to anchor change
- Learn to personalize your client's sessions for greater and lasting impact

*SUCCESS WITH EVERY CLIENT
L. Garrett*

If we are present with each client we can listen to their words and hear what they are not saying for success. At times the best success is rejecting them. After almost 50 years of full time practice I have experiences to share for ultimate success; and for having a full time practice with minimal expense.

Join me to have the clinical success you are reaching for to achieve a full time practice. I contribute my success to 49 years of full time practice without ever advertising. Only through referrals I have achieved full days of clients. I don't know everything, but I have been around the block many times.

MEDICAL IMPROV
A Self Healing Tool for the Therapist and Client
W. Rocki

Unscripted and playful games of a theatrical Improv are based on improvisers unconditional YES to what is in the moment followed by AND - a creative contribution to the scene. Improv promotes responding to the circumstance from the observer's role YES - AND taking creative risks in exploring unique solutions. The improvisers create the environment of safety, creativity and acceptance of failures as the indicator of a motivated, bold participation.

While theatrical improv aims to entertain, the medical improv carries healing intention whether it is conducted within a group therapy or one-to-one office practice. Medical improv offers a unique, playful, sincere and safe mode of self-healing that benefits the client and hypnotherapist alike. In experiential workshop we will explore the healing gifts of medical improv as a spontaneous, creative and playful self-healing modality which can be incorporated in their hypnotherapy practice and personal life.

WORKSHOP 1:00 – 2:45

DENTAL CHAIR HYPNOSIS TECHNIQUES
J. Acosta

After working with hundreds of dental professionals and thousands of dental patients in the dental chair, in this workshop, Juan reveals to you his go-to process for helping clients find fast natural anxiety and fear relief.

Participants will learn one (dental-chair-friendly,) gentle rapid induction and a simple start-to-end process to prepare clients to enjoy their following dental/medical procedure. You will learn and practice a start to finish process to help the clients feel better and prepare before an impending medical/dental procedure.

HYPNOSIS FOR BUSINESS
Twice the Money – Twice the Fun!!
Z. Grant

Would you like to use the hypnosis skills you have and learn new ones to open a new market of clients? Clients that are easy to find and willing to pay more for less time and effort. Being a small business owner can be incredibly lucrative. Income levels range from a few thousand a year to \$250,000 plus. Unfortunately, most individuals make between \$30,000 to \$60,000 a year and very few make \$100,000. The biggest blocks to their success are not talent, motivation or knowledge of techniques. The biggest blocks they have, are the internal, mental and emotional barriers that people face on a daily basis. This workshop will teach you how to work with small business owners to teach them to work smarter not harder by maximizing their mental power through hypnosis.

Students will learn: · How to create the small business niche · Effective ways of marketing including a sample marketing plan · How to position yourself as an expert in your community · How to make more money and have more fun!

EPIGENETICS & HYPNOSIS: HYPNOGENES
The Hypnotic Prevention/Promotion of Predisposition Gene Expression
A. DeMarco

We need not be slaves to our DNA. Hypnosis can regulate the actions of genes thereby preventing hereditary predisposition to various diseases from activating, and also promoting activation of ‘good genes’. Epigenetics is the field of study that assesses the mechanisms by which environmental information interfaces with the genome and controls genetic activity. Hypnotists are on the ‘cutting edge’ of gene regulation! Humans can prevent the predisposition gene from turning on or off. Genes function in accordance with our ‘perceptions, beliefs and life’s living’. The outer and inner environments are extremely powerful. Although thoughts are naturally inside of our bodies, the outer environment which includes all of life’s intentional and unintentional happenings from the beginning of time to the present and future, and as far as hypnosis and self-help is concerned, intentional hetero and auto-programming. There is a cascade effect that goes from outer to inner. The outer environment (outside of the body) and our perception of it, influences our thoughts, emotions and responses. Our thoughts/emotions/responses then kick off certain biochemical responses. These biochemical responses take place inside of certain cells, which then send messages to other cells (a phenomenon known as cross-talk), so there is an intra-cellular environment filled with chemical messengers that then work their way into the cells through channels on the cell membranes. Once inside the cell, these messengers kick off a cascade of events within the cell. Hypnosis provides the mechanism to regulate the original pre-disposition gene activity thereby regulating the cell responses. This is truly a formidable power in that we can change our destiny through changing our perceptions and subconscious programming. Hypnotists are on the cutting edge of this new biological understanding of our body functions as more or less dictated by our environment. Our perception changes that dictation.

Participants shall learn:

- A practical knowledge of how predisposition works
- A practical knowledge of how genes work
- Methods to switch gene predisposition ‘on and off’
- Identification of ‘real and imaginary’ genes for great health
- Healing Affirmations
- Promote excellent health
- Immune System Enhancement

WORKSHOP 3:00 – 4:45

WORKING WITH CHILDREN AND THEIR PARENTS
M. Vallei

This workshop provides comprehensive, innovative techniques and approaches in working with clients who are children. However, the parents must also be involved in order for the child to have the best success. This workshop provides the information needed to make this happen. Learn how to empower the child and make the child's voice the important one. Understand the lenses parents have from which they might view their child and how to bring the parent to a better understanding of the child as a full person with their own voice and perspective. Learn about specific hypnosis techniques which can work best with children and learn new ways to work with the parent. Learn about Family Hypnosis and when to use it. The Workshop includes lecture and discussion, hands-on practice, demos, and time for questions.

Attendees will have an opportunity to gain insights into the mind of the child and the parent; to learn new hypnosis techniques needed in working with children; to learn innovative techniques in working with the parents, including family hypnosis; and understand the importance of involving the parent in order to enhance the child's positive inner change.

Mary has worked with children since 2007 and developed new innovative techniques and procedures for working with the parents. Attendees of this workshop will have an opportunity to become skilled in techniques few others teach. Also they will gain insights into how to grow their practices by confidently incorporating working with children into their practices.

THE HOMUNCULUS PROTOCOL

W. Anapoell

Through matching ones peripheral pain stimulus to the specific area of the cerebral cortex being stimulated, I will show how to easily map out a simple technique that will allow you to handle any acutely painful situation on the spot! I promise not to bore you with hard-core science, but I will show you how having a basic knowledge of neuroanatomy will allow you to pick an effective approach regardless of the type of acute pain your client has.

Participants will a gain a unique and novel method for eliminating or greatly reducing Acute Pain.

I have used this technique, which is based on a working knowledge of neuroanatomy, with thousands of patients in the emergency room and hospital floors on which I spend my days.

INTRODUCTION TO WHOLENESS

D. Pelles

Wholeness was developed by Connirae Andreas, who 30 years ago brought us Core Transformation and Aligning Perceptual Positions.

Wholeness is a new "path to awakening" and way of resolving life problems, a spiritual way of doing hypnotherapy/NLP. This new paradigm (publicly announced in 2013) has helped people with many and diverse issues, including anxiety, fears, trauma, stuttering, addictions, insomnia, relationship issues, difficult emotions, physical pain, and much more. People report it as gentle, kind, and easy. Most people experience a deep relaxation and resetting of the nervous system; a natural melting away of issues that previously seemed like intractable problems; an increased sense of well-being; and greater access to a natural wisdom, compassion, humor, and creativity.

We will introduce Wholeness and lead the group through a basic experience, followed by one or more demonstrations, then questions and some examples of doing Wholeness with clients and the results.

Sunday, April 26th

WORKSHOP 10:00 –11:45

HYPNOTIC SOLUTION TO THE OPIOID EPIDEMIC

F. Mau

In 2019 the US Department of Health and Human Services listed hypnosis and relaxation based processes not only as a standard of care treatment for drug-free pain relief, but also as the only psychological or behavioral approach which actually alters the patient's experience of pain. The opioid crisis has raised concerns about medical pain management, and is leading to new government regulation and a reduction in the use, production, and marketing of those medications. However, a substantial number of people experience daily debilitating chronic pain. Without those medications, effective nonpharmacological approaches to pain relief are critical and hypnosis is empirically demonstrated to be the best.

We are neurologically hardwired to numb pain. But culturally, we've come to rely on chemistry rather than neurology for pain alleviation. If we weave the rich, but fragmented, research-backed evidence for non-chemical pain relief into a simple, elegant standard-of-care that's simple for caregivers to implement, it would change our world.

THE JOY OF CHANGE USING THE POWER OF CHOICE

C. Allyson

This year's theme 'The Joy of Positive Change' requires choice to be conscious and deliberate for the resulting change to be positive. Together we look at what this means. We will use new tools and multiple perspectives to facilitate using choice as the powerful creators we are. 'Choice is the process of creation itself.' Carolyn M. Myss. Every moment of every day we choose. As Counselors & Therapists, we know 90% of the time it's done on an unconscious basis with our clients and individually. Let's help change that.

This session will include lecture, discussion and application for integration of the concepts and tools presented. There also will be time for questions and answers.

Attendees will learn for themselves and to teach their clients, how to use the Power of Choice to consciously create our most successful lives a unique, new, way through experiential application of the principles introduced.

THE SHADOW KNOWS

R. Louise

Noticing what triggers you or your clients is a major clue as to what is unhealed within the self. And what is unhealed, especially those unacknowledged hidden and denied aspects called the Shadow, has a nasty habit of cropping up in inappropriate, exaggerated emotional reactions and behaviors that sabotage not only one's peace of mind, relationships, both personal and professional, but cause conflict in society as a whole. Shadow issues, precisely because they are hidden or denied, resist resolution. Learn methods to bring them into the light for healing so that life can be experienced more harmoniously rather than as an on-going battle.

Attendees will learn simple, self-help methods that they can use themselves and teach their clients to do anytime day or night to process and transmute upsetting emotions, stress, and unhealed issues, as well as outlining various hypnotic interventions that work as well.

WORKSHOP 1:00 -2:45

iCHANGE THERAPY FOR PAIN RELIEF

K. Neill

Pain and suffering go hand-in-hand. This means that when pain abates, suffering diminishes. In this workshop Kweethai will teach you how to use iChange Therapy (integrating hypnotherapy, language of change and energy medicine) to alleviate pain and suffering efficiently and effectively. Kweethai developed the iChange Therapy Process over her 15 years in practice. She has successfully helped numerous clients.

Participants will learn how to transform energies in an instant, to alleviate suffering and reduce the experience of pain. Given time Kweethai will do live clinical demonstrations to teach skills and engage in questions and discussions.

HEALING WITH HYPNOKINESTHETICS

P. Vessey

HypnoKinesthetics is an evidenced-based, personal improvement system combining NLP, coaching, hypnosis, and movement to generate change, healing, and solutions to a multitude of life's challenges.

It uses specific movement patterns to change thoughts, feelings, and ultimately, behaviors. This system empowers you to transform the cellular memories stored within your powerful mind-body relationship to improve your life. Attend this workshop and learn a new, powerful and effective way to help yourself and others heal the past and create a compelling future.

Participants will:

- Learn the background, research, framework supporting HypnoKinesthetics (HK)
- Learn the basic NLP patterns in HK
- Elements and benefits in HK
- Experience HK techniques
- When, where to use HK

THE ESSENCE OF SLEEP

Flavio Souza Campos

Insufficient sleep is now associated with many common problems, such as decreased immunity, obesity, depression, anxiety, reduced quality of life, decreased learning and concentration, reduced attention span, increased reaction time, the onset of psychotic breakdowns, and premature aging, to name a few.

Yet year after year we seem to be sleeping less as a nation, with sleep-related complaints on the rise. In fact, it is possible that many of the problems for which people seek medical or hypnotherapeutic intervention actually result from prolonged sleep deficit. True preventive care, we believe, should have optimal sleep as a central objective.

In this workshop, we will review the physiology of sleep; some of the most common sleep related disorders; the spiritual implications of sleep; the dream connection; and specific hypnotherapeutic interventions used successfully at our clinic over the last 15 plus years to help our clients sleep better.

Attendees who personally practice some of the suggestions offered in this workshop may experience increased vitality, better health, and more life satisfaction through improved sleep. They will also be in a better position to help their clients achieve the same results.

WORKSHOP 3:00 –4:45

FREE to all conference registered participants

THE GOULDING PROCESS:

Counseling Modality to Teach Parents

N. Gerey

If you are looking for a modality or niche or specialization to start or enhance your counseling or therapy practice, then the Goulding Process is for you. As a Certified Goulding Process Consultant, you will teach young parents how to conduct the Goulding SleepTalk® Process with their own children.

What is SleepTalk®? It is a parent-delivered process. The Goulding SleepTalk® Process appears to activate neuroplasticity and research is currently being conducted both in Australia and Singapore. Most of us would agree

that it is difficult for children to confidently deal with issues in their life if they are anxious, fearful, and unhappy or even believe they are unloved or un-loveable. Children trying to cope with bed-wetting, for example, can be anxious, sad, and lack self-confidence. Children given the label ADHD may in fact be trying to deal with their world and their family. The process is about developing a child's emotional resilience, the mind's firewall, which protects against negative suggestions; much like a firewall on a computer protects it from outside interference and damage.

Participants will leave with a clear understanding of The Goulding SleepTalk® Process, and will be able to decide if they want to go on to become a Certified Goulding Process Consultant who teaches and consults parents.

OVERVIEW OF HYPNOTIC REGRESSION THERAPY

C.R. Hunter

When clients have a subconscious cause of a problem, regression to discover and release the initial sensitizing event often results in a lasting success even when previous attempts with hypnosis have failed.

When a client receives only suggestion and imagery while the cause of a problem remains buried in the subconscious, the subconscious can easily return the same problem at a later date. Roy has organized client centered regression into a process that is easy to learn and easy to use, provided the hypnotherapist knows the difference between leading and guiding. If you want to learn more about regression, be sure to attend this workshop! This overview is based on the highly praised regression text he co-authored with Bruce Eimer, PhD.

Roy will discuss the risk of false memories.

MASTERING ANXIETY

M. Watson

Stress and anxiety are epidemic in our modern society and can have a devastating effect on our lives. In this fast paced and lively presentation, we will explore how anxiety is triggered, how it grows, how it is sustained, nurtured, and supported in our personal lives, relationships, and culture, and what to do about it when it strikes.

Update your understanding as you learn exciting new techniques that you can share with your clients and cutting-edge skills to add to your practice. Add this new high-demand skill set to your practice. This is one you can take home and use right away!

ALL I NEED TO KNOW TO BE AN EXCELLENT HYPNOTHERAPIST BUT AM AFRAID TO ASK

K. Neill

Kweethai will share the joy of excellent hypnotherapy practice. She will discuss how you can be financially successful by effectively helping clients make positive change. Get the keys to hypnotherapy success. Come and ask her questions about your practice. She has the answers to many of your questions!

NEURO-HYPNOTIC INDUCTIONS

S. Carson / S. Carson / J. Marion

In this workshop you will explore a variety of hypnotic inductions that leverage how your brain naturally functions. These inductions work with your client's neurology to create profound trance experiences. Beyond the inductions you will learn more about how your own brain works, learn key neuroscience metaphors to help your clients change, and discover how you can apply some of these techniques for your own self hypnosis practice. This class will be highly interactive so come ready to play!

FIGHT OR FLIGHT OR PEACE AND QUIET

M. Babineaux

This is both a back to basics review as well as an enhancement of breathing techniques, inductions, word choice, collapsing anchors and mental rehearsal to help you and your client face those sometimes fearful moments in life.

You will learn to develop a calm and confident response rather than simply having a fear motivated reaction to anxious moments in life.

This is an experiential workshop with practice in varied areas of interest including ancient breath control, and modern NLP and EFT.